

MAY 20 1926

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Weekly Bulletin



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Entered as second-class matter February 21, 1922, at the post office at Sacramento, California, under the Act of August 24, 1912.

Acceptance for mailing at special rate of postage provided for in Section 1103, Act of October 3, 1917.

Vol. V, No. 14

MAY 15, 1926

GUY P. JONES  
EDITOR

**Make Health Teaching Practical.**

The following editorial from the *Hanford Journal* of April 28th ought to be read by every health officer and by every school teacher, school physician and school nurse.

**ATTENDANCE AND HEALTH.**

Doctors are funny things. They are always trying to take away their own business. They disregard schools as educational institutions and consider them only as breeders of disease. As such, one might think the doctor would regard them with favor. Doctors have to put their own children through college on other people's measles and mumps. Yet they are always trying to keep schools from spreading illness, usually without much luck.

One family doctor has a real idea on the subject. Hear him:

"You know they are always working children up to improve their attendance records. Attendance! Humph! Child snuffles. Mother says 'Better stay home today.' Child says 'Nothing doing. My room has a perfect attendance record. Can't spoil it for just a little cold.' Child goes to school. Gives the flu to seven children. Some of them out one week, some two, one develops tuberculosis and is out two years. Costs money. Attendance record shot to pieces. Keep child home in bed one day, quiet another, playing outdoors a third. Child goes back, nobody else gets cold. Total loss, three days one child.

"They have these health classes, too.

Teach 'em a little something once in a while. But take away all the practical effect with their fool attendance records.

"Why don't they have health records instead? Give 'em stars for keeping away from kids with colds, give kids with colds stars for not giving them to other kids. Prize for the room that has no measles. 'Nother prize for not having scarlet fever. Biggest prize for fewest colds.

"Prizes don't have to cost money. Gold paper star. Red, white and blue card. Get 'em to care about health in a practical way and attendance will take care of itself."

Could not school boards and educators take a little thought along these lines before a new school term begins? Crowding human beings into close rooms is bad enough at any time. Crowding small and irresponsible people day by day, especially with epidemics starting, is worse than bad.

Why not make health teaching practical? What about a health prize next year?



**Many Oil Company Employees Vaccinated.**

During the past few months most of the employees of the oil producing companies in California have been vaccinated against smallpox. The Standard Oil Company reports that extensive work has been done recently in vaccinating company employees residing in Los Angeles, Kern, Santa Barbara and San Joaquin counties. Last year all employees in Sacramento and Fresno counties were vaccinated.



### More Than 2000 Cases Of Smallpox This Year.

The table, published below, shows the distribution of the 2182 cases of smallpox reported in California during the first four months of the present year as well as the distribution of the 208 known deaths from this cause during the same period. It will be noted that fewer cases of smallpox are reported at the present time. However, there should be no relaxation in efforts to prepare communities against the invasion of the disease. Smallpox can not appear in a community that is immunized against the disease.

#### SMALLPOX

##### California

1926

Counties	January		February		March		April	
	Cases	Deaths	Cases	Deaths	Cases	Deaths	Cases	Deaths
Alameda	70	--	77	1	106	1	65	--
Butte	--	--	--	--	--	--	4	--
Colusa	--	--	5	--	--	--	--	--
Contra Costa	8	--	6	--	6	--	--	--
El Dorado	--	--	--	--	11	--	--	--
Glenn	1	--	--	--	--	--	--	--
Humboldt	--	--	--	--	--	--	1	--
Imperial	--	--	4	--	40	--	3	--
Kern	--	--	6	--	12	2	4	--
Los Angeles	275	28	445	70	400	46	129	42
Madera	1	--	3	--	--	--	--	--
Marin	--	--	--	--	1	--	--	--
Mendocino	1	--	--	--	6	--	25	--
Merced	2	--	--	--	--	--	2	--
Modoc	1	--	--	--	--	--	--	--
Orange	5	--	4	--	5	--	12	--
Placer	12	--	4	--	6	--	10	--
Riverside	13	1	2	--	2	--	--	--
Sacramento	30	--	34	--	19	1	11	--
San Bernardino	--	--	15	1	7	--	1	--
San Diego	--	--	4	1	14	2	4	--
San Francisco	4	1	24	5	25	1	24	1
San Joaquin	1	--	--	--	4	--	15	2
San Luis Obispo	2	--	--	--	--	--	--	--
San Mateo	--	--	--	--	1	--	1	--
Santa Barbara	1	1	3	--	2	--	1	--
Santa Clara	3	--	6	--	5	--	10	--
Santa Cruz	--	--	--	--	1	--	--	--
Siskiyou	--	--	--	--	2	--	--	--
Solano	5	--	1	--	--	--	--	--
Sonoma	1	--	3	--	51	--	7	--
Stanislaus	--	--	1	--	9	--	5	--
Sutter	--	--	--	--	--	--	1	--
Tulare	1	--	--	--	2	1	2	--
Ventura	2	--	2	--	1	--	--	--
Yolo	1	--	6	--	6	--	--	--
Yuba	2	--	--	--	--	--	--	--
California	--	--	2	--	2	--	--	--
Totals	442	31	657	78	746	54	337	45

Total cases to date (May 1, 1926)-----2182

Total deaths known to date (May 1, 1926)- 208

### Many Changes In Health Officers.

Dr. R. D. Mace has been appointed City Health Officer of Maricopa, in Kern County, to succeed Dr. Beverly Young.

Dr. Wallace B. Hardy of Alleghany has been appointed Health Officer of

Sierra County to succeed Dr. F. W. Townsend.

Mr. W. L. Ray succeeds Mr. George W. Gerhart as City Health Officer of Bishop, Inyo County.

Mrs. Maud Bowie Hansen has been appointed City Health Officer of Sonora to succeed Dr. William L. Hood. Dr. Hood is still Health Officer of Tuolumne County.

Dr. C. F. Whitmer is now City Health Officer of Colton, San Bernardino County. Dr. G. W. Sears was his predecessor.

Dr. Carl G. Rahal is City Health Officer of Watts, Los Angeles County, supplanting Dr. A. D. Snyder.

The duties of the City Health Department of Mayfield, Santa Clara County, have been taken over by the City Health Department of Palo Alto, Louis Olsen, Health Officer. Mrs. Elsie G. Roberts was formerly City Health Officer of Mayfield.

The discovery of how to use more fully resources already at hand has increased the output and doubled, or trebled the profits of industry and agriculture. Effective follow-up work to the doctor's physical examinations increases the number of corrections of defects. If, in addition, the examinations are used as a basis for health education in the proper care of the body and the essentials of right living, much more can be gained for future health and happiness than by the mere correction of physical defects. Utilizing the resources at hand in the promotion of healthy living will, as in industry and agriculture, enormously increase the health output of strong and useful citizens.—S. J. Crumbine, M.D., General Executive American Child Health Association.

### Summer Courses Will Provide Nursing Credits.

Public health nurses who desire to renew their credentials in hygiene and home nursing under the requirements of the State Department of Education may secure such credentials by taking certain courses in the summer sessions of the University of California at both Los Angeles and Berkeley.

The courses in Hygiene to be given by Dr. R. A. Bolt, Hygiene 103 or Hygiene S 101 B, will provide two units each. The course in Hygiene, S 101 B, to be given at the summer session of the University of California in Berkeley by Dr. Herbert R. Stoltz, State Director of Physical Education, will also provide the necessary two units in methods of health education for those who desire to renew their state credentials.



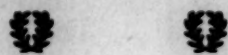
## United States Leads In Smallpox.

The United States have the unenviable distinction of reporting more smallpox during 1925 than any other country except India, namely 43,193 cases, according to reports which have been received by the American Association for Medical Progress from the health officers of all but one state (Utah). This shows a substantial improvement over 1924, when we boasted 56,351 cases. Moreover, the last six months of the year 1925 gave less than half as many cases as were reported for the first six months. On the other hand, there has been a large increase in the proportion of deaths from smallpox since January first, in California and other places.

Most of the states do not report the vaccinal condition in cases of smallpox. In 17 states and the District of Columbia such reports are available for most of the cases—10,636 out of the total of 12,858 cases in these states. Among these, over nine-tenths, or 9660 cases, had never been vaccinated, and 751 cases, about seven per cent, had been vaccinated from 7 to 50 years previously.

Thirteen states each reported more than 1000 cases of smallpox in 1925, California leading with 4921 cases, followed closely by Alabama (4288) and Ohio (4018). Indiana had 2996 cases; Georgia, 2108; Washington, 2004; North Carolina, 1920; Tennessee, 1805; Kentucky, 1700; Illinois, 1625; Wisconsin, 1517; Texas, 1309; Mississippi, 1216.

All of the six New England states together had only 102 cases, 94 of which were in Rhode Island.



## Know Yourself— Health Is Wealth.

The following article, under the above title, was printed in the *Berkeley Courier* for May 8th:

"What is Health? Health is normal vigor; not freedom from disease as some people think. When your condition is below par your Health is bad. When your condition is up to the standard your Health is good.

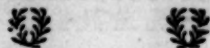
Good Health is within the reach of all of us, if we are willing to go after it. A few of us have good health, and many who have not could have if they knew how to prevent, or remedy, certain conditions.

Hygiene is the Conservation of Health, and if observed prevents untimely death, or a miserable existence.

One enjoys Life when the Human

Body can claim Good Health. We will get more out of life if we make the proper use of food, sleep, rest, exercise, and work; take care of our eyes, ears, teeth, bowels and kidneys; and maintain a healthy mind so that Life flows along in the right and fairest way.

Life is a joy to one who can say truthfully, 'I feel fine today.' Yes, there is real joy, comfort, and happiness (wealth), in perfect health."



## MORBIDITY.\*

### Diphtheria.

104 cases of diphtheria have been reported as follows: Alameda 1, Berkeley 2, Hayward 1, Oakland 7, Butte County 2, Gridley 1, Fresno County 1, Los Angeles County 15, El Monte 2, Glendale 1, Glendora 1, Hermosa Beach 1, Huntington Park 1, Long Beach 1, Los Angeles 33, Redondo Beach 1, San Gabriel 1, Southgate 1, Sausalito 2, Los Banos 1, Santa Ana 1, Sacramento 2, San Diego 6, San Francisco 16, Stockton 1, San Mateo County 1, Yolo County 1.

### Measles.

457 cases of measles have been reported as follows: Alameda 7, Berkeley 5, Oakland 87, Piedmont 9, San Leandro 7, Butte County 1, Pittsburg 3, Fresno 3, Sanger 3, Los Angeles County 23, Long Beach 3, Los Angeles 10, Montebello 4, San Gabriel 3, Whittier 2, Maywood 11, Merced County 1, San Bernardino 11, San Diego 19, San Francisco 184, San Joaquin County 3, Stockton 2, Tracy 3, San Mateo 2, Santa Clara 1, Tulare County 1, Visalia 1, Ventura County 5, Ventura 1, Ojai 42.

### Scarlet Fever.

117 cases of scarlet fever have been reported as follows: Berkeley 2, Oakland 5, San Leandro 2, Butte County 2, Gridley 1, Fresno County 3, Fresno 1, Kern County 4, Taft 1, Los Angeles County 6, Arcadia 2, Azusa 1, Glendale 2, Huntington Park 1, Long Beach 3, Los Angeles 30, Hawthorne 1, Orange County 3, Huntington Beach 1, Santa Ana 2, Riverside 1, Sacramento 2, San Benito County 1, San Diego 1, San Francisco 23, Stockton 3, San Luis Obispo County 3, Santa Clara County 4, San Jose 1, Solano County 1, Red Bluff 2, Tulare County 1, Ventura County 1.

### Smallpox.

33 cases of smallpox have been reported as follows: Alameda 2, Oakland 1, Los Angeles County 1, Long Beach 1, Los Angeles 17, Merced County 1, Orange County 3, Santa Ana 1, Sacramento 1, San Francisco 1, Stockton 2, San Jose 1, Solano County 1.

### Typhoid Fever.

15 cases of typhoid fever have been reported as follows: Los Angeles 2, Riverside 1, Sacramento County 1, Sacramento 1, San Bernardino County 4, San Bernardino 1, San Joaquin County 2, Santa Maria 1, Tuolumne County 1, California 1.

### Whooping Cough.

64 cases of whooping cough have been reported as follows: Alameda 2, Berkeley 1, Oakland 11, Los Angeles County 7, Long Beach 10, Los Angeles 4, San Gabriel 1, Orange County 3, Riverside 4, San Diego 7, San Francisco 6, San Luis Obispo County 3.

\*From reports received on May 10th and 11th for week ending May 8th.



Santa Barbara County 1, Watsonville 1,  
Turlock 3.

reported as follows: Los Angeles 1, San  
Benito County 1.

#### Epidemic Meningitis.

2 cases of epidemic meningitis have been

#### Poliomyelitis.

One case of poliomyelitis was reported  
from Alhambra.

### COMMUNICABLE DISEASES BY AGE GROUPS, APRIL, 1926.

Disease	0-1	1-4	5-9	10-14	15-19	20-24	25-34	35-44	45-54	55+	Adult
Chickenpox	34	217	684	140	18	14	21	8	1	1	19
Diphtheria	10	79	119	55	31	19	36	20	9	2	4
German Measles	2	7	15	9	1	1		1			
Malaria							1	1		1	
Measles	35	189	728	120	39	6	7	6	1		13
Mumps	6	80	571	346	110	35	31	23	3	1	17
Pneumonia	10	15	12	10	7	9	14	17	8	44	2
Scarlet Fever	7	100	217	75	25	10	21	5	1		1
Smallpox	6	30	51	44	30	22	44	42	30	30	6
Typhoid Fever		7	21	11	16	14	21	19	5	3	
Whooping Cough	31	88	125	27	2		1	2	1		
Anthrax											
Epidemic Meningitis	2		2	3	2	1	1		3	1	
Dysentery (Bacillary)		1					1	1	1	1	
Erysipelas	2	2	1				4	3	2	6	1
Gonorrhoea	2	8	16	5	35	97	125	39	6	2	19
Leprosy							1				
Pellagra								3		3	
Poliomyelitis	2	4	2	1						1	
Syphilis	3	2	3	8	25	69	141	111	73	45	8
Tetanus		1	1					1			
Trachoma			2	1	3	1	1	1	1		
Encephalitis	1				1			1			
Typhus							1		1		
Paratyphoid				1	1						

### COMMUNICABLE DISEASE REPORTS.

Disease	1926				1925			
	Week ending			Reports for week ending May 8 received by May 11	Week ending			Reports for week ending May 9 received by May 12
	Apr. 17	Apr. 24	May 1		Apr. 18	Apr. 25	May 2	
Anthrax	0	0	0	0	0	0	0	0
Chickenpox	312	291	295	221	301	325	221	232
Diphtheria	85	100	98	104	90	109	118	94
Dysentery (Bacillary)	0	2	2	0	1	3	0	2
Epidemic Encephalitis	3	1	0	1	3	3	3	0
Epidemic Jaundice	0	0	0	0	1	0	0	1
Epidemic Meningitis	8	2	3	2	3	2	0	3
Gonococcus Infection	74	83	111	119	109	113	61	93
Influenza	60	17	17	20	61	35	61	37
Leprosy	0	0	0	1	1	0	1	1
Malaria	2	0	0	1	1	0	1	0
Measles	231	318	404	457	105	120	88	54
Mumps	358	318	345	270	330	472	399	415
Paratyphoid Fever	1	1	0	0	0	0	1	0
Pneumonia (lobar)	49	38	33	37	76	42	38	37
Poliomyelitis	2	1	5	1	1	12	12	3
Rabies (animal)	7	10	9	4	4	13	6	0
Scarlet Fever	133	114	126	117	114	129	114	144
Smallpox	87	103	65	33	161	189	188	132
Syphilis	123	85	117	185	131	102	180	163
Tetanus	2	1	0	0	1	0	1	0
Trachoma	5	2	2	4	6	7	11	0
Tuberculosis	259	156	163	265	282	169	208	235
Typhoid Fever	77	16	17	15	15	12	10	5
Typhus Fever	0	0	0	0	0	0	0	0
Whooping Cough	50	76	76	64	486	450	435	471
Totals	1928	1735	1888	1921	2283	2307	2157	2122

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